

FREE
Service

NICE

Road to Wellness

MIRROR BOX THERAPY FOR STROKE SURVIVORS

Course Information

WHO IS THIS FOR?

This course is for any stroke survivor who has started to regain some movement in the affected arm but wants to develop this further. Please note that the length of time since the stroke is not necessarily a contributing factor to accessing this course. Taking into account new thinking of the brain, and how brain repair works, we do not believe that recovery is time limited.

WHAT IS MIRROR BOX THERAPY?

Mirror box therapy is a therapeutic approach that uses a simple mirror to regenerate brain signals to the arm affected by a stroke. In mirror box therapy you place your affected arm in a 'box' and essentially only exercise your non-affected arm and hand. Due to the placement of the mirror on the side of the box the brain 'thinks' that the affected arm is moving. This generates new signals to the brain and starts the process of reconnecting the arm to the brain and positively impacting on movement.

DURATION OF THE COURSE

You will receive 6 x 1.5 hour group sessions over a period of 12 weeks. The first two sessions will be focussed on showing you tasks to be completed with and without the mirror, and the other sessions are an opportunity to check how you are progressing and adapt tasks as needed.

Alongside the group sessions you will be expected to carry out approximately 30 minutes of tasks with the mirror box each day over the 12 week period.



WHAT CAN I EXPECT?

The aim of these sessions is to guide you in which tasks to carry out with the mirror box, and support your active use of your affected arm and hand in daily activities.

You will receive a mirror box to use during the course plus a booklet of tasks designed to be carried out on a daily basis.

The sessions will also include arm tasks completed independently of the mirror box as one way of helping you gauge improvements as a result of using the mirror box.

The group sessions will be led by conductors – specialist degree trained staff who are trained in stroke recovery who can support you in carrying out the tasks in the optimal way. Conductors will also give advice as to how to integrate your arm into everyday tasks and improve your overall symmetry and posture.



WHAT NEXT?

Stroke recovery may take some time. We advise that if, at the end of the course, you are making progress in your recovery, that you purchase a mirror box and continue on your journey. You may also wish to join our maintenance sessions at NICE which will further increase your recovery in all aspects of your movements.



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